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| Approved by: P Spensley | |
| Date: 1 st March 2017 | |

K1 RULES

Under 14yrs No Head Contact
15+ Controlled Head Contact

1. All forms of boxing in combination with kicks above the waist to the body and the head
2. Rear (reverse) kicks to the body
3. Spinning back kicks to the body
4. Low kicks to the thighs, inside and outside
5. Knee attacks to the legs, body
6. Kicks with the shin and foot to the thighs, body and the head
7. Holding a leg with only one counter technique, after which the leg must be released
8. Clinching (holding) with only one knee strike, after which the competitor must disengage from the clinch.

DEFINITION OF LEGAL TECHNIQUES

Punches (no punches to the head UNDER 14YRS)

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.


1. Straight punches to head and body
2. Hooks to head and body
3. Uppercuts
4. Spinning back fist NOT ALLOWED
5. Spinning elbow NOT ALLOWED
6. Neck wrestling
7. Pushing to the body only not to face

Kicks to Head and Body (No kicks to the head - UNDER 14YRS)

1. Roundhouse kick
2. Push and front kick
3. Side kick
4. Spinning Back kick
5. Jumping kicks
6. Reverse kick
7. Kicks to inner and outer legs
8. Knee Strikes (Junior body only UNDER 18YRS)
9. Holding Leg follow with one counter technique

DEFINITION OF ILLEGAL TECHNIQUES

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Head butts.
4. Punches to back of head.
5. Spitting/biting.
6. Knee strikes to head FOR ALL
7. Elbow strikes to head FOR ALL
8. No hip throws.
9. Cuffing, slapping.
10. Spinning sweeps.
11. Strikes to groin.
12. Striking opponent when knocked down.
13. Abusive language.
14. Striking opponent during Referee break.
15. Striking after the bell.
16. Holding leg/foot illegally (see definition of legal techniques).
17. Spinning Back fist / Elbow to head FOR ALL

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If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

1. A caution.
2. Warning - 1st and 2nd 1 point deducted, 3rd warning disqualification.
3. Immediate disqualification.
4. The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.
5. Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.
6. Unintentional (see unintentional fouls).

Warnings

1. A caution.
2. Warning - deduct 1 point.
3. 2nd warning - deduct 1 point.
4. 3rd warning - disqualify the fighter.

Unintentional Fouls

1. Injury that stops a fighter; fight will be awarded to their opponent.

Disqualifications

1. Striking a fighter entangled or fallen through ropes.
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).
3. Fighter intentionally uses a foul technique.
4. Fighter drops gum shield 3 times during 1 round.
5. Spitting, biting, holding the leg or foot.
6. Spinning sweeps.
7. Abusive language.
8. Deliberate strikes to joints, spine.
9. Fighter fails to follow Referee instructions.
10. Fighter late for bout or no show.
11. Referee decides fighter has not the will to continue.
12. Fighter receives 3 warnings in one round.
13. Corner man enters the ring or touches the fighter without Referee's permission.
14. Other rules are broken.

| SAFETY EQUIPMENT K1 JUNIOR RULES | |
|-----------------------------------|-----------|
| Gum Shield Mandatory | Mandatory |
| Shin +Instep Mandatory | Mandatory |
| Foot Protectors N/A | N/A |
| Groin Protectors Mandatory | Mandatory |
| Head Guard Mandatory | Mandatory |
| Body Protectors Mandatory | Mandatory |
| Hand wraps Mandatory | Mandatory |
| Boxing Gloves 10oz Mandatory | Mandatory |
| Elbow Pads n/a | N/A |
| Full Contact Pants ILLEGAL | Illegal |
| Shorts Mandatory | Mandatory |



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| RULES AND FOULS K1 | |
|--------------------------------|--|
| Kicks | Includes kicks to inner and outer legs |
| Kicks Per Round | N/A |
| Rounds | All preliminary and final matches shall consist of no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds. |
| Sweeps | Illegal |
| Standing 8 Count | 2nd 8 count in 1 round the bout will be stopped |
| Head Contact 14 Years & Under | Illegal |
| Spinning Back Fist / Elbow | Illegal |
| Direct Kick to Front of Legs | Illegal |
| Strike to Groin | Illegal |
| Strikes to Leg Joints | Illegal |
| Throws | No hip throws |
| Strikes with Elbows | Illegal |
| Strikes with Knees | To the body only |
| Holding Opponent's Legs / Foot | Holding leg follow with one counter technique |